



# E-Newsletter

SEPTEMBER 2013



## PRMC MATERIAL SPOTLIGHT

### Keep Talking Conversation Starters

Cut apart these conversations starters and put them in a jar or baggie.

Read them at dinner time or while waiting in line at the store.

Use them anytime, anywhere to start a fun family conversation!

Contact PRMC to request:  
Phone: 701-328-8919  
Email: [ndprmc@nd.gov](mailto:ndprmc@nd.gov)

[Order Online](#)

**For more data related to substance use and consequences in our state, visit**  
[www.nd.gov/dhs/prevention/seow](http://www.nd.gov/dhs/prevention/seow)



## The NEW Substance Use in North Dakota 2013 Data Booklet is here!



This data booklet paints a picture of substance use and consequences in ND.

To prevent substance abuse, we first need to know what the problem is. Use this data booklet to help guide your local prevention efforts.

Contact PRMC to request copies:  
Phone: 701-328-8919  
Email: [ndprmc@nd.gov](mailto:ndprmc@nd.gov)  
[Order Online!](#)

## Back to School! Keeping up with your kids...

**Monitoring is one of the best ways to keep your kids away from drugs and alcohol.**

Know where your child is at all times. Ask them... "Where will you be?" "Who will you be with?" "When will you be home?"

Get to know your kid's friends and their parents. Get together with other parents, share contact information.

Make a list of your child's activities for the day and put it on the fridge, on a calendar, or in your wallet/purse.

Limit the time your child spends without adult supervision. The after-school hours of 3:00 p.m. to 6:00 p.m. are when children are most at risk for using alcohol and drugs. Look for an after-school program, or try to find a trusted adult to help out.

Learn the technology your child is using, and use it. Text messages and using social networking sites are great ways to check in with your child.



Visit [www.parentslead.org](http://www.parentslead.org) for more tips and tools!

[www.theparenttoolkit.org](http://www.theparenttoolkit.org)